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June 29, 2010

Subject : Metabolic Syndrome Screening

Dear Primary Care Providers:

Effective January 1, 2010, all Community Psychiatric Rehabilitation (CPR) programs must conduct an annual screening of risk factors for metabolic syndrome for all adults and children receiving antipsychotic medication.

The Missouri Department of Mental Health (DMH) and the MO HealthNet division have been collaborating on a series of initiatives involving disease management (DMH NET), to improve the health of persons with serious mental illnesses and reduce health care costs. We have facilitated hiring nurses for most of our mental health providers to help implement these initiatives. The most recent initiative is to screen for metabolic syndrome. This a high priority for this particular population since studies show persons with serious mental illness die 25 years earlier than the general population. Often the causes of death are related to cardiovascular disease and diabetes. For more information please see <http://dmh.mo.gov/MorbidityandMortalityReport.pdf>

A form has been developed, the Metabolic Syndrome Screening and Monitoring Tool, which must be completed by a DMH agency nurse, to verify that the metabolic syndrome screening is completed. It is our expectation that the DMH nurse will take the vital signs, obtain data required for a BMI and/or measure waist circumference, and then verify the lipid level, and blood glucose and/or HgbA1c with the client's primary care provider.

We appreciate your assistance and coordination of care with our DMH providers and nursing staff in order to identify and treat patients at risk or currently living with diabetes.

Sincerely,

A handwritten signature in cursive script, appearing to read "Joseph Parks".

Joseph Parks, M.D., Chief Clinical Officer
Missouri Department of Mental Health